



Start Off The New Year Right!

CELEBRATE YOUR HEALTH WITH DELAWELL



Governor Jack Markell

"The State of Delaware has many reasons to celebrate employee health and wellness. With DelaWELL, we have seen improvements in employee health and lifestyle risk factors, a reduction in hospital admissions, and realized savings through our disease management program. On another positive note, January 1, 2014 marked the one-year anniversary of tobacco-free State of Delaware Workplaces. I encourage you to take advantage of DelaWELL resources and celebrate your health with Don, Rosalyn and the thousands of other state workers who are on their wellness journey."

MOTIVATIONAL STORIES

Don Weber

North District Engineer

Department of Transportation (DelDOT)

"I used the DelaWELL Resources a significant amount over the past year and wanted to let you know how valuable they were to me. I reached what I feel is my goal weight in June 2013 (down 160 lbs.) and have been working on my own and with my DelaWELL Health Coach on maintaining the changes in my lifestyle."



Rosalyn Daisey

School Nurse

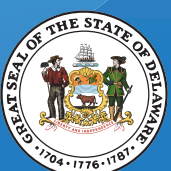
John M. Clayton Elementary School (Indian River School District)

"I am a mother of four, I work a full-time job and my husband and I try to keep our children active in sports. I'm sure you know that doesn't give me a lot of extra time, but I feel my health is worth me making the time. I give to everyone else and I should give to myself as well. The DelaWELL Program provides a wealth of tools and resources."



DelaWELL has the resources to help you make your health goals happen!

- Confidential online wellness assessment
- Online and onsite health seminars
- Online suite of health information
- Special discounts for items like Weight Watchers® and gym memberships
- Onsite health screenings
- Personal health coaching
- Condition care programs
- Nurse24 line
- And much more...



Learn more at www.delawell.delaware.gov